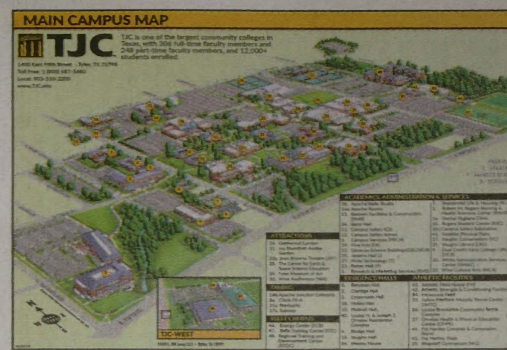


Sports Updates Page 6



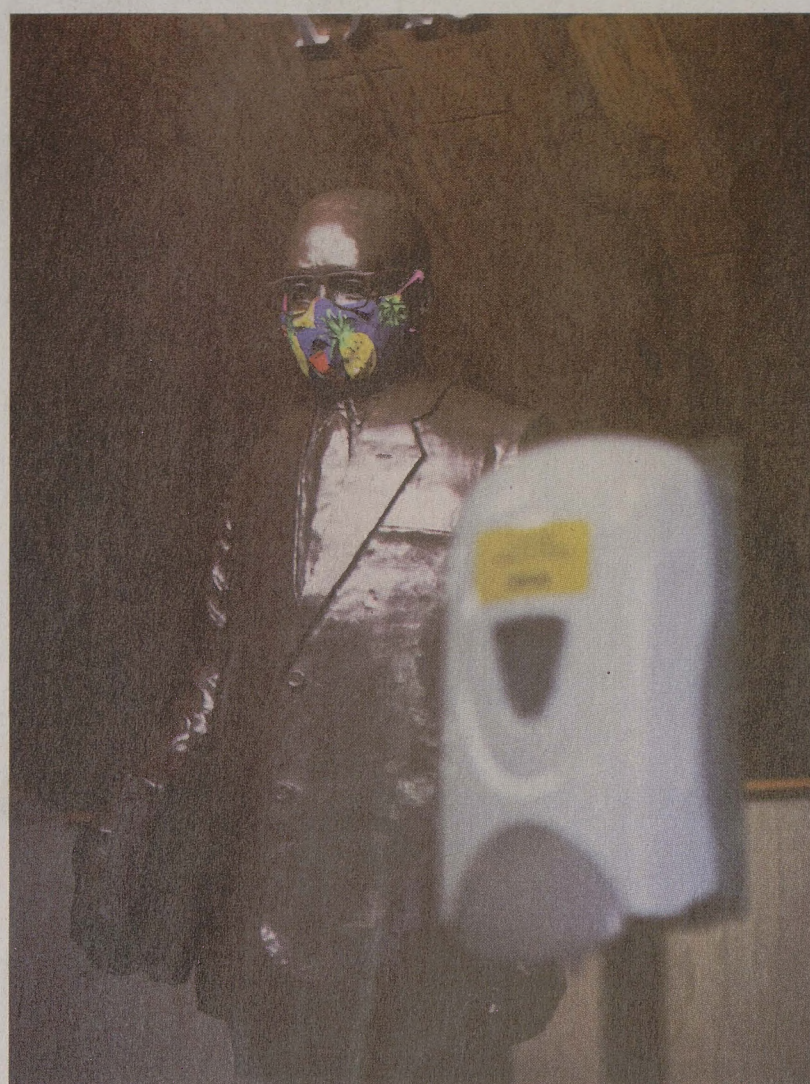
Campus Map Page 4

Pandemic protection

5 ways TJC is responding to COVID-19

By Madison Heiser
Editor-in-Chief

With Tyler Junior College beginning the fall semester, the school is working to ensure the safety of its staff and students throughout the semester. TJC has made a number of changes to its operations and physical layout to accommodate preventative measures against the spread of COVID-19.



All photos by Chris Swann

1 TJC Your Way

In response to COVID-19, TJC is offering three course modalities for the 2020-21 school year. These options for instruction, called TJC Your Way, allow students to tailor their academic experience to their comfort levels amid the COVID-19 pandemic. Some courses are offered in-person with social distancing implemented in classrooms, while others are offered online, or through a hybrid of in-person and online instruction. Director of Public Affairs and Media Relations Rebecca Sanders shared more information about TJC's course options.

"In the COVID-19 environment, we revised our mix of the three modalities this fall to reflect the need for physical distancing in the classroom and students' feedback," Sanders said. "We feel it is especially important to offer options for students so they may choose courses that are most conducive for their learning as well as where they feel the most comfortable."

Sanders also stated TJC received feedback from students once the spring 2020 semester was moved online and also when students began registering for an increased number of online and hybrid courses for the fall semester.

2 Mask Policies

In accordance with a July 2 executive order issued by Texas Gov. Greg Abbott, face coverings are required in all TJC buildings as well as outside when six-foot social distancing cannot be maintained. Masks must cover the mouth, nose and chin and will be provided by faculty to students who do not have them.

Failure to comply with the campus mask requirement when informed of a violation may result in an individual being asked to leave the vicinity to

protect the well-being of others in attendance. If the individual refuses to leave, campus police may be contacted as a last resort for assistance in escorting the individual off the premises. He or she may also face further disciplinary action for violating TJC's student code of conduct.

Students with medical conditions that prevent them from wearing face coverings must obtain a waiver to continue in-person instruction. Students should visit Disability Services in Potter Hall, or contact Director Margaret Rapp at (903) 510-2878 or by email at mrapp@tjc.edu to obtain a waiver.

3 Changes on Campus

Classrooms will operate at limited capacity with layouts changed to promote social distancing between students and professors. Additional personnel have been hired through TJC's cleaning service, ABM, to conduct routine, thorough sanitation of TJC classrooms and facilities.

"TJC has implemented policies and procedures that, if followed, should eliminate chances for exposure to COVID-19," Sanders said. "Various departments have implemented policies specific to their environment such as residential housing, food service and others. All students and employees must take mandatory training to be sure everyone understands the policies and procedures established to keep us all safe."



4 Remote Learning

Students can view their course modalities online under the Registration tab on Apache Access. Online courses are indicated by an "I" next to the course number on Apache Access, while hybrid courses or indicated by an "H." Hybrid classes are composed of 50% online instruction and 50% in-person instruction, with most meeting once a week in the classroom and once a week virtually.

In preparation for the transition to online learning, TJC professors teaching online classes received additional training for Zoom and Canvas applications over the summer.

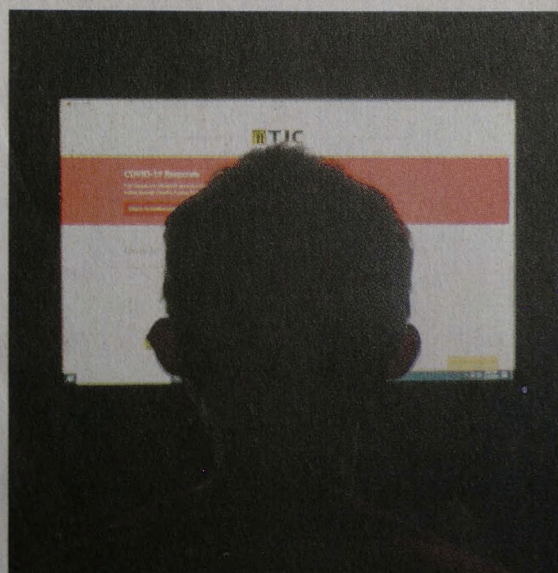
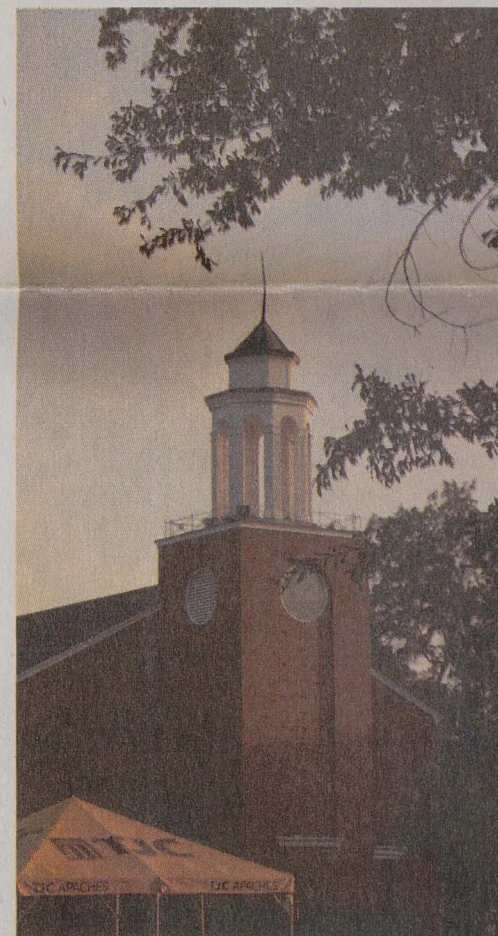
5 Campus Community

All TJC students, staff and faculty are expected to abide by the college's regulations. Some students have shared their opinions about returning to TJC this fall.

"I feel as if TJC is doing the best they can to help prevent COVID-19," said Jace Thomas, a third-year student. "COVID-19 is a horrible virus, and we need to implement every rule and regulation we can to make sure students are protected against the virus."

As schools across the country return amid the pandemic, TJC and other educational communities have been able to foster a sense of togetherness under uncertain circumstances.

"There is a feeling of unity as we realize we are all 'in this together' and must work in a cooperative manner to assure everyone's safety and eventual end to the health crises," Sanders said. "While we are united as a TJC community, the Ramey Tower continues to be lit in red, white and blue to show solidarity with our entire nation."



Face covering policy implemented for fall semester

By Sory Rivera
Student Life Editor

In order to minimize the spread of COVID-19, TJC is implementing face covering policies. TJC students, staff and faculty are required to cover their mouth and nose in all public indoor spaces including classrooms, building entrances and exits, and lobbies and lounges.

Face coverings include a mask, bandana, neck gaiter or face shields. TJC is following the Centers for Disease Control and Prevention guidelines. The CDC stresses, "masks are a critical preventive measure and are most essential in times when social distancing is difficult."

Students not able to wear a face covering because of a health condition need to contact Margaret Rapp, director of disability services at TJC, at the Office of Disability Services located in Potter Hall. Disability services will provide a waiver for students to fill out as well as the students' physician. The physician

will need to explain what the student's condition is and how it is related to wearing a face covering. Forms need to be turned in to Rapp's office for review. Students will be approved or denied based on if their conditions meet the CDC guidelines. If students are approved for permission to not wear a face covering at all times while on campus, they will be required to carry documentation.

Disposable masks will be available at every building and can be provided by faculty and staff members to students who arrive on campus without a mask.

Dr. Tampa Nannen, dean of students, emphasizes how TJC did not come up with these guidelines on its own, but the college is following CDC guidelines created by experts.

"If a student is able to wear a face covering, wear one, it is for the safety of all," Nannen said.

To learn more about TJC's face cover policy and waiver information, visit tjc.edu/coronavirus.



Graphic by Michael Bald

College celebrates graduates with 24 ceremonies in summer

By Mary Mone
Online Editor

In place of graduations this past spring, Tyler Junior College held 24 ceremonies for graduating students on Aug. 12-14 and made history by presenting its first 12 bachelor of applied technology degrees.

There were 441 graduates who were included in these graduation ceremonies. Each ceremony was limited to 20 students who could each have two guests.

Dr. Juan E. Mejia, TJC president and CEO, explained why these ceremonies were important.

"The success of our students and communities is paramount, and we found it important to celebrate their significant achievements," Mejia said. "It is an honor to work for a visionary Board of Trustees, along with the most amazing faculty, staff, and administrators, always focused on innovative ways to make a positive difference."

Among these 441 students is Xavique Cyrus from an island in the Caribbean called Saint Vincent and the Grenadines. Cyrus described what graduation meant to him.

"The graduation really meant a lot to me. Personally, I am really glad that we were able to do it despite COVID," Cyrus said. "I'm really glad to have walked across the stage holding my country's flag. It was a great honor for me to have graduated at Tyler Junior College."

TJC began offering the bachelor of applied technology degree in 2019, and it is the second four-year the college offers.

The new Bachelor of Applied Technology degree that TJC is offering began in 2019, and is the second four-year degree after Dental Hygiene at TJC.

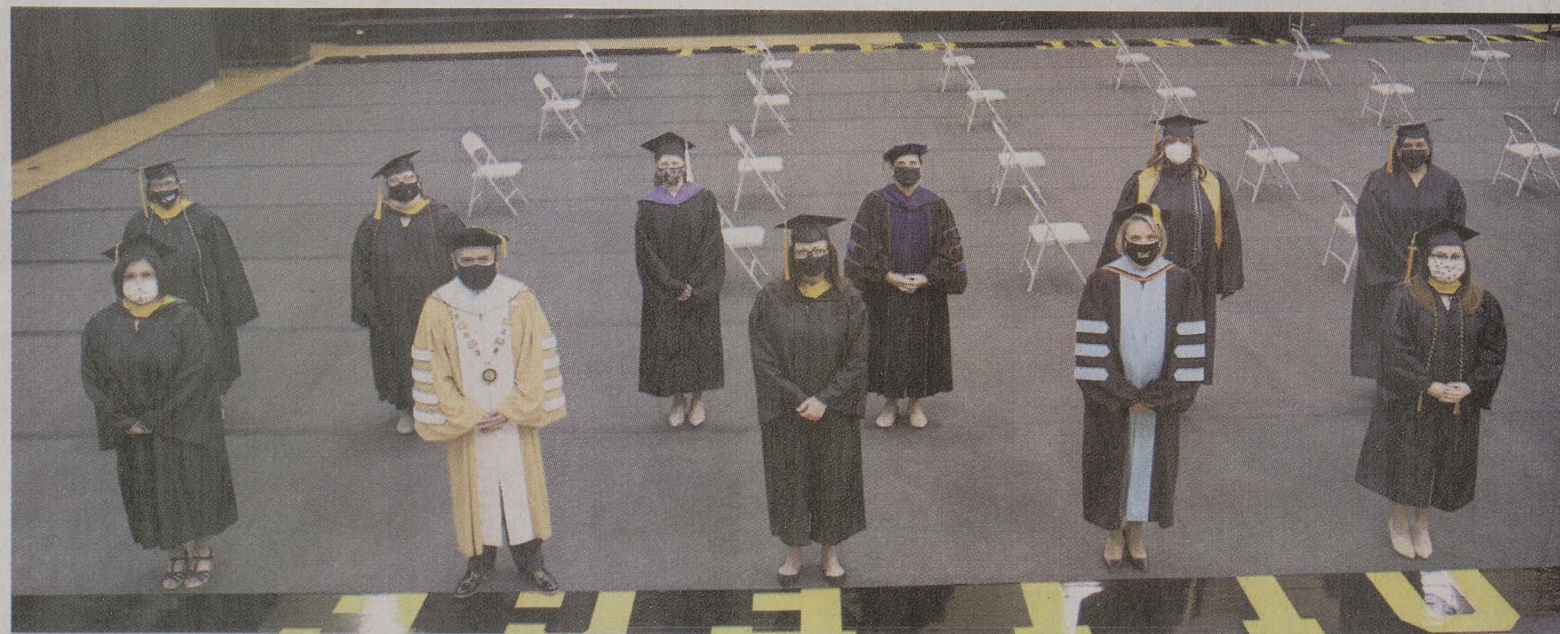
According to a press release issued by Rebecca Sanders, TJC's director of public affairs and media relations, the new bachelor of applied technology program is outlined in a way to assist busy students.

"Designed for students who juggle work and family, the program offers classes in flexible but intensive five-week sessions. This allows students to complete their upper-division courses in five semesters while only attending one night per week," as stated in the press release.

For more information about the bachelor of applied technology degree, students can contact Tammy Burnette, department chair of healthcare technology and medical systems, at tburn@tjc.edu.



Photos Courtesy of TJC



To be or not to be? Performing arts changes during fall semester

TJC Theatre adapts to COVID-19

By Jessica King
Staff Writer

Tyler Junior College's performing arts programs, like all programs and classes, are having to think outside the box. According to TJC's COVID-19 Fall 2020 Plan, all students and faculty will need to wear a face covering to all functions, including performing arts, and keep a safe distance from others while attending these events.

Bryce McWilliams, the director of theatre facilities at TJC, gave some updated information about how he intends to keep students and

faculty safe, while keeping them entertained.

Theatre classes in the upcoming semester will be rearranged to comply with the COVID-19 procedures, McWilliams reports, with the "actual theatre being used as a classroom."

He says the rearrangement of theatre courses into new spaces will definitely present interesting challenges for how to operate safely, but he is excited to see what creative options for performances they can uncover that still align with the COVID-19 precautions.

Also, McWilliams said

it is especially difficult to perform with social distancing and face coverings because the audience "needs to see performers' mouths and facial expressions," to deliver a good performance.

However, he is optimistic this new challenge will allow them to "experiment with theatre," which will increase the skill levels and expand the horizons of the actors and actresses' experience.

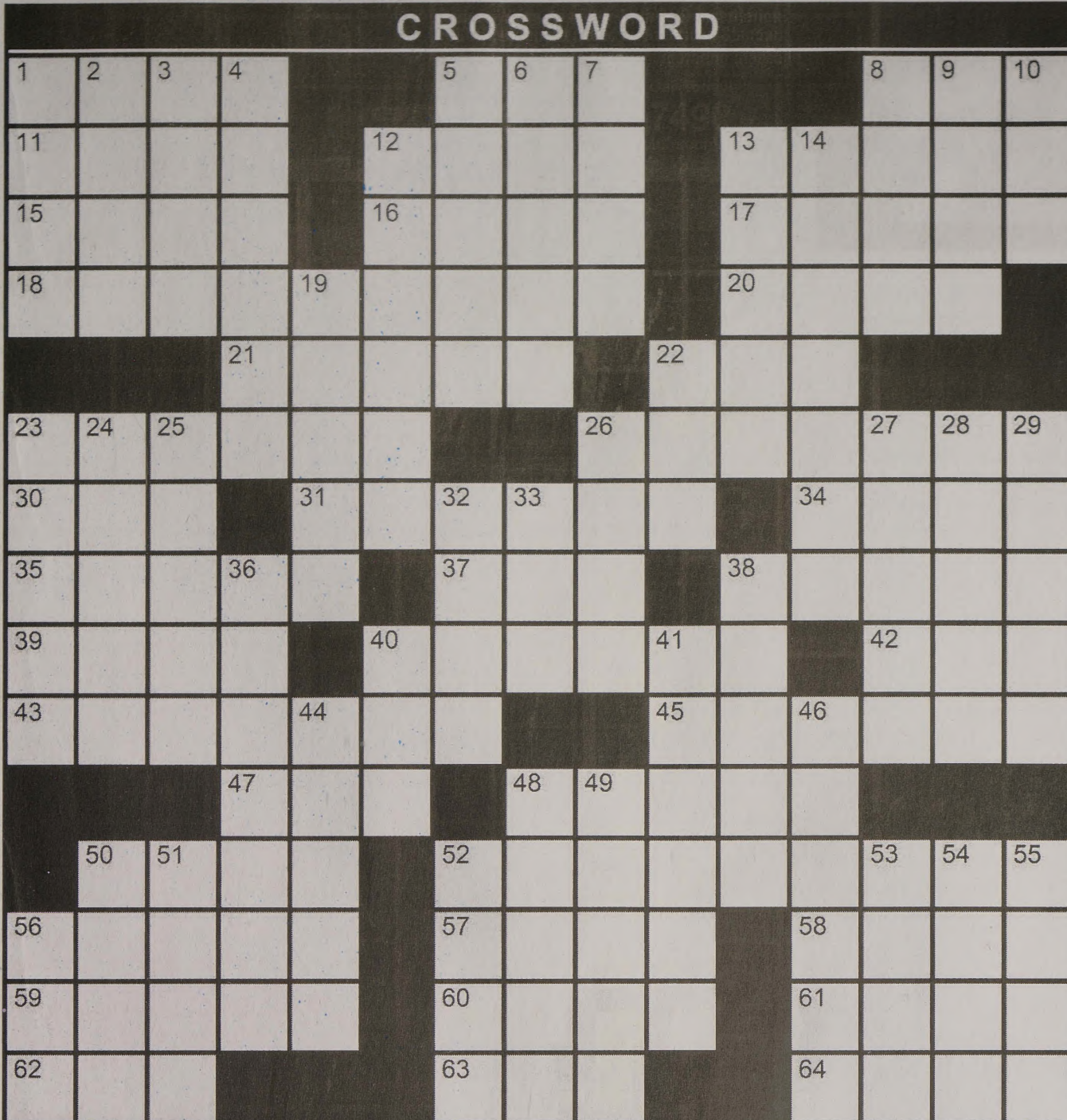
As far as what the theatre is going to specifically look like this semester, McWilliams said the department is still "in the process of analyzing the details."



Photo by Jessica King

THEME: BACK TO SCHOOL

CROSSWORD



DOWN

1. *Type of spoken test
2. *Class president candidate wants it
3. Loads, two words
4. Greek money
5. Game ragout
6. Of #16 Across
7. Architect's drawing
8. Used to eliminate wrinkles
9. Serve soup, e.g.
10. Sodium solution
12. Arrow poison
13. Establish, two words
14. *As opposed to public
19. Hostile force
22. "La" precursor
23. Shade of Dockers
24. Pine juice
25. Beginning of illness
26. *Valedictorian's spot
27. Gallows' rope
28. Comparative form of "true"
29. Muddy or sandy
32. *2020 classroom venue?
33. NCIS network
36. *GPA, technically
38. Ingratiating behavior
40. George Orwell's Napoleon
41. On pins and needles
44. Grapevine news
46. Part of Old Testament
48. *Olden day notebook
49. Imprison
50. Dharma teacher
51. Three-layer cookie
52. "The Sun ____ Rises"
53. Pippin's last name, "The Hobbit"
54. Boring hue?
55. Actress Perlman
56. Eric Stonestreet on "Modern Family"

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	7	3		4		6		
					7			5
	4			2			7	
			1			5	6	
		2				9		
	5	8			3			
	8			9			2	
2			4					
		6		1		4	5	

ACROSS

1. *Egg-like curve in math class
5. a.k.a. stand-up paddleboard
8. Not in good health
11. Flick part
12. *Roll ____
13. Aerosol can emanation
15. On the mountain peak, e.g.
16. Arm bone
17. Grind down
18. *Proud jacket owner
20. Trident part
21. "Walking ____"
22. Blazer or Explorer
23. Unit of money in Norway, pl.
26. Semiconductor additives
30. Farm layer
31. Agave alcoholic drink
34. Amos or Spelling
35. Analyze
37. Geisha's sash
38. South Korean metropolis
39. Capital of Ukraine
40. T.S. Eliot's "Old ____'s Book of Practical Cats"
42. Get firm
43. Temporary
45. Table linens
47. Where bugs are snug?
48. Nostradamus and such
50. Type of rich soil
52. *Where one graduated
56. Boatload
57. *Chemistry classrooms
58. Lake in Scotland
59. Arabian chieftain
60. Corset rod
62. Former Chinese leader
63. "____ the ramparts..."
64. Arctic jaeger

Crossword and Sudoku solutions will be online at thedrumbeat.com.

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Coping with anxiety in uncertainty

By Emily Niebuhr
Student Life Editor

During the COVID-19 pandemic, mental health and keeping a positive mindset has been important. According to helpguide.org, "for many people, the unknown of the Coronavirus right now has impacted their lives and they are uncertain when the virus will go away."

Anxiety is one mental health issue, and it comes in many forms. Erin Young, counselor and co-owner of the Bridge Therapeutic Services in Tyler, explained the different signs related to anxiety.

"Anxiety is the body's stress response. People will feel it differently in the chest, get headaches or sick to their stomach and feel a physical response to a fearful thought or feeling they get," Young said.

As schools restart nationwide, students may be worrying about what the year will look like, whether they can see their friends or if they can participate in school activities. Teachers and staff also have their own worries and fears about starting school.

For students coping with anxiety, Young said it's important "to have positive thinking because there are a lot of negative thoughts. Also, there are negative conversations, fears and concerns we feel, so try to think in more positive ways like what is this positive thing about this school or person so we don't feel so



To access the crisis hotline for anxiety, text **CONNECT** to 741741 and you will be connected to a trained counselor.

negative."

Young also provided suggestions for coping with anxiety.

"Stop and take a pause to recognize what is making yourself anxious and then when you feel less overwhelmed give yourself permission to go back to what you were doing," Young said. "Take care of yourself, sleep well, connect with good people and release your anxiety with movement."

Exercising can also help with anxiety as it affects the body and mind.

Young recommended exercising and maintaining close personal relationships to better manage anxiety. Young also suggested ways to channel anxiety into positive activities, such as writing, drawing or getting outside to experience nature.

Also, Brittany Gayetsky, director of clinical operations at Samaritan Counseling Center of East Texas, said meditation, prayer or muscle relaxation can help release tension.

Starting college in a pandemic

By Andrea Valdez
Staff Writer

The first year of college is an opportunity to discover new experiences, to meet different people and to expand horizons. However, this year has brought on its fair share of challenges to overcome, especially for those finishing high school and starting college in the middle of a pandemic.

Willow Duncan, a graduate of Chapel Hill High School and Tyler Junior College freshman, said she is looking forward to "the environment and being able to become my own person and experience a higher education."

Duncan is a theatre major and wants to achieve her career goal of becoming a theatre teacher.

"For theatre, I want to get a better understanding on how to get along with my cast mates and how to work on characters."

Universities across the nation have created plans tailored to protect the health and safety of their students.

With the help of the COVID-19 Task Force, TJC is implementing COVID-19 procedures to reduce the spread of the virus among faculty, staff, and students. Procedures include practicing social distancing on campus and requiring masks for in-person instruction and while on campus.

Natalie Jones, a graduate from Frankston High School and Tyler Junior College freshman, said her "freshman year of college won't look like how I had imagined it'd be."

Another incoming student, Daisy Villanueva, explains how she feels entering a new school year in the middle of a pandemic.

Villanueva, a graduate of Kemp High School and TJC freshman said, "It's a bit weird, strange and definitely unexpected the way things are going. There will be challenges

everyone will face, but I think we'll get through it."

This fall semester, TJC will have a different feel than what students are used to. Community and public events have been postponed or canceled to minimize risk to the community by limiting overall attendance, according to the TJC Fall 2020 plan.

Incoming freshman Jamya Scales said herself and other first-year students are unable to experience typical college traditions this semester. "Anything can happen at any time and you have to be prepared," Scales said.

TJC is working to create recreational opportunities outdoors where physical distancing can be maintained and activities can be enjoyed, said the TJC Fall 2020 plan.

"In a way, some things haven't really changed with day to day things and going to school. There are just more things to be cautious about. I hope everyone stays safe!" Villanueva said.

TJC is offering courses in person, online or hybrid options through TJC Your Way. For more information on TJC Your Way, visit tjc.edu/yourway.

"I realized that even if we weren't in a worldwide pandemic, things never go exactly as planned anyway, so that's helping to soften the blow a little bit," Jones said. "You have to stay flexible and willing to adapt."

According to the TJC Fall 2020 Plan, "To ensure compliance with state and local guidelines for a healthy campus/ healthy workplace, TJC expects everyone on campus to adhere to personal safety best practices as outlined by the CDC, which includes handwashing, the use of face coverings, physical distancing and symptom monitoring."

For more information on the Fall 2020 Plan, visit tjc.edu/fall2020plan.

Are you a student with a disability? Know your rights.

By Sory Rivera
Student Life Editor

Disability services are available at Tyler Junior College for students with a disability who require accommodations in order to have a more successful college experience. The Americans with Disabilities Act of 1990 requires public colleges and universities to provide reasonable and appropriate accommodations for otherwise qualified students with disabilities.

To qualify, students need to provide documentation, including current information about the specific diagnosis, level of severity of the disability or functional limitations, to the Office of Support Services, located in Potter Hall. A licensed or certified professional can provide this documentation. An appointment with a support services counselor is needed to discuss and review the documentation and the request for accommodations.

Margaret Rapp, director of TJC's disability

services, said, "our office wants to help people and wants to smooth the pathway for students whenever possible." She added students should be most informed about "the availability of accommodations and the importance of self-advocacy skills."

For students with a hearing disability, TJC provides interpreting services for tutoring sessions, meetings with instructors, advisers and other college activities. To get an interpreter, make an appointment with Support Services. TJC staff members can also help with telephone registration, setting appointments with academic advisers, testing questions, information on the ASL club, tutoring and more.

For students attending classes with visual disabilities, TJC provides coordination of recorded textbooks or books with enlarged text. A visual-tek is available in the library to enlarge materials for student viewing. Writing and reading services for in-class reading, written work and test taking, classroom notetakers, zoom text and JAWS software are

available. TJC also provides assistance with the enlarging of diagrams, tests, charts and other educational materials.

For students with a learning or physical disability, TJC provides academic support services, referral for diagnostic evaluation and arrangements for taking exams/ written work done in class (extended time, alternate test format, scribe/ reader, alternate testing site and other accommodations on an individual basis).

TJC will also make accommodations on an individual basis.

For more information on TJC's Disability Services, contact Rapp in Potter at (903) 510-2878 or mrapp@tjc.edu. The office is located in Potter Hall, Room 105.

For a full copy of the Students with Disabilities Handbook or for more information, visit tjc.edu/disabilities.



Photo By Chris Swann

MAIN CAMPUS MAP



TJC

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Toll Free: 1 (800) 687-5680
Local: 903-510-2200
www.TJC.edu

TJC is one of the largest community colleges in Texas, with 306 full-time faculty members and 248 part-time faculty members, and 12,000+ students enrolled.



ACADEMICS, ADMINISTRATION & SERVICES

- | | |
|---|---|
| 38. Apache Belle Studio | 7. Residential Life & Housing (RLH) |
| 16a. Apache Rooms | 1. Robert M. Rogers Nursing & Health Sciences Center (RNHS) |
| 13. Baldwin Facilities & Construction (BMB) | 1a. Dental Hygiene Clinic |
| 36. Band Hall | 16. Rogers Student Center (RSC) |
| 11. Campus Safety (CS) | 16c. Campus Safety Substation |
| 12. Campus Safety Annex | 41. Satellite Physical Plant |
| 6. Campus Services (PRCH) | 17. Vaughn Conservatory (VC) |
| 29. Fine Arts (FA) | 21. Vaughn Library (LRC) |
| 22. Genecov Science Buildings (G/G2/GB) | 9. Dual Credit/Early College Office (DCB) |
| 25. Jenkins Hall (J) | 20. White Administrative Services Center (WASC) |
| 27. Pirtle Technology (T) | 32. Wise Cultural Arts (WCA) |
| 23. Potter Hall (P) | |
| 5. Research & Marketing Services (RMS) | |

RESIDENCE HALLS

- | | |
|--------------------|---|
| 8. Bateman Hall | 3. Claridge Hall |
| 2. Crossroads Hall | 18. Holley Hall |
| 10. Hudnall Hall | 40. Louise H. & Joseph Z. Ornelas Residential Complex |
| 4. Sledge Hall | 19. Vaughn Hall |
| 19. Vaughn Hall | 14. Wesley House |

ATHLETIC FACILITIES

- | |
|---|
| 43. Athletic Field House (FH) |
| 42. Athletic Strength & Conditioning Facility |
| 34. Intramural Field |
| 33. JoAnn Medlock Murphy Tennis Center (JMTCC) |
| 26. Louise Brookshire Community Tennis Complex |
| 37. Ornelas Health & Physical Education Center (OHPE) |
| 44. Pat Hartley Complex & Concession Stand |
| 45. Pat Hartley Field |
| 35. Wagstaff Gymnasium (WG) |

ATTRACTIONS

- | |
|--|
| 24. Gatewood Garden |
| 31. Ina Brundrett Azalea Garden |
| 32a. Jean Browne Theatre (JBT) |
| 28. The Center for Earth & Space Science Education |
| 39. Tyler Museum of Art |
| 30. Wise Auditorium (WA) |

DINING

- | |
|--------------------------------|
| 16b. Apache Junction Cafeteria |
| 2a. Chick-Fil-A |
| 21a. Starbucks |
| 27a. Subway |

WEST CAMPUS

- | |
|---|
| 46. Energy Center (ECB) |
| 47. Skills Training Center (STC) |
| 48. Regional Training and Development Center (RTDC) |

TJC-WEST

- | |
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|--------------------------------------|

Construction of Rogers Palmer Performing Arts Center nears the end

Photos and Story By Michael Bald
Entertainment Editor

Tyler Junior College is heading toward the completion of the Rogers Palmer Performing Arts Center come January 2021. Building construction launched in April 2018.



The front entrance will hold the new plaza and fountain for the center.

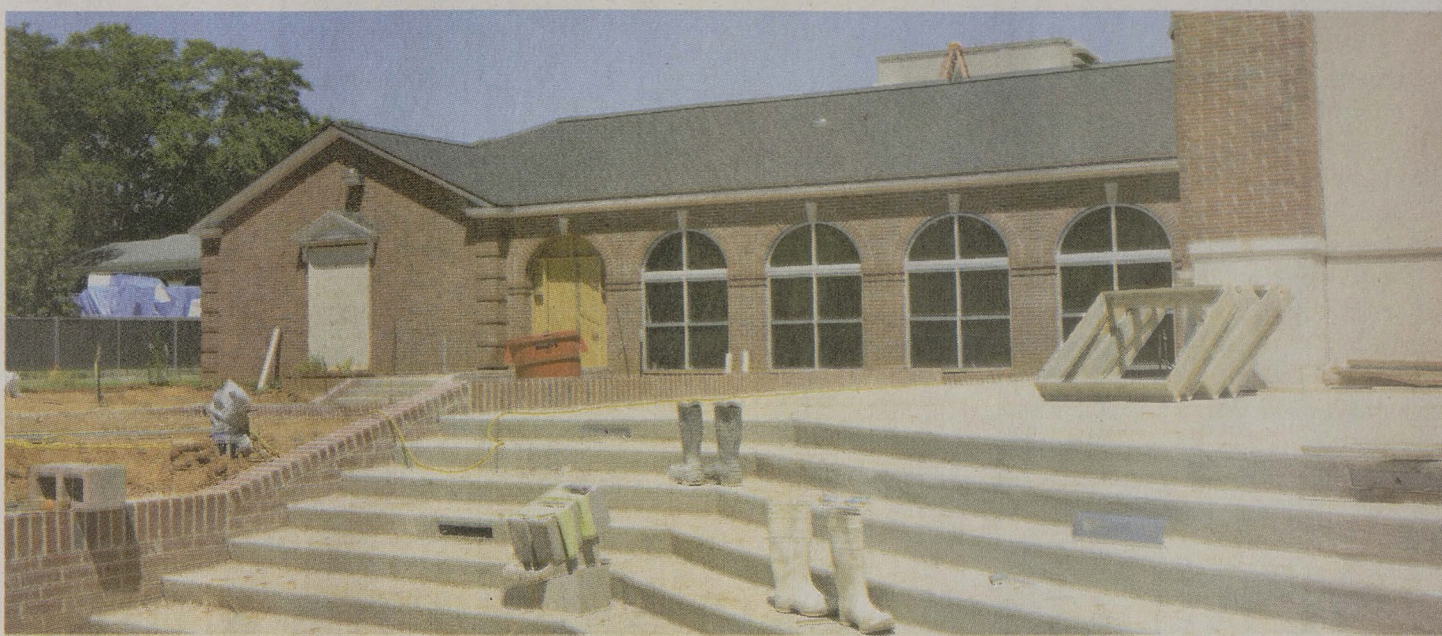
"We've replaced the old duck pond with the new fountain," said Bryce McWilliams, director of theatre facilities. "The geese are coming back, I know that was a thing a lot of people were concerned about."

McWilliams added there will be a valet loop near the entrance.

"We're adding a space where people can pull in and drop people off and do valet parking," he said.

A courtyard like area in the front of the center should offer a outdoor space for patrons and students.

"It'll be a great hang out spot for people," McWilliams said. "We also talked about having movie nights, bringing a screen out here and having people stretch out blankets on grass."



Looking at the auditorium from the orchestra pit

Underneath the stage will be space for an orchestra, and there is a trap door for actors and scenery to come on stage.

"We'll be able to fit a whole orchestra in here,"

McWilliams said. "It's a really flexible space. Typically, if we had a full orchestra we would not have performers or scenery down here, but we could if the orchestra was smaller."

Shots from the orchestra pit underneath the stage



Box office in the lobby

The lobby has added more functions than the original theatre such as more space and more efficient means of entering and exiting.

"The box office is a completely new facility," McWilliams said. "In the old one it had a single window that was cut into a closet. Now we have a box office with outside access."

There are three entryways into the lobby with lots of windows and high ceilings.

Shot of the new lobby



Shot of looking at the seating from the stage

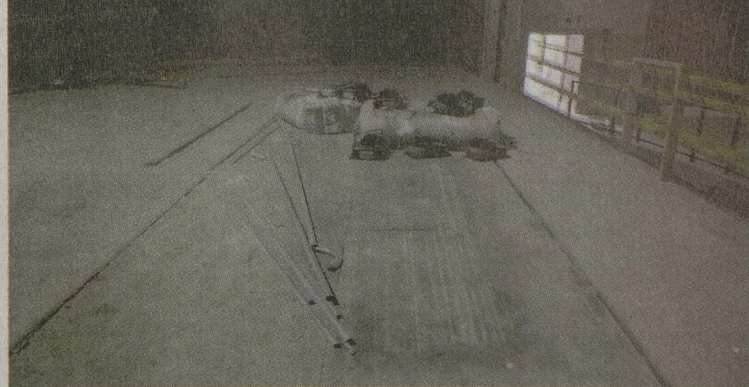
The new stage of the center has doubled in size.

"This is all new build," said McWilliams. "The old space was about half this size, and so we demolished it and built a new theatre attached to the old building."

The new space allows room for more props and scenery for events.

"The proscenium is wider and taller," McWilliams said. "You'll be able to fit scenery and performers backstage, which is something that we previously couldn't do."

Addition of the trap door on the stage floor



Streaming services unveiled since the pandemic started

By Michael Bald
Entertainment Editor

The streaming service industry has been booming since the start of the pandemic. It has given new services a chance in the spotlight, some offering original movies and TV shows.

NBC's Peacock is one of the new streaming services that launched on April 15. The service is bringing a plethora of new shows such as "Psyche 2: Lassie Come Home," a sequel to the early 2000s comedy "Psyche." Another is "The Capture," a show about a soldier being charged with a crime he didn't commit in order to cover up a big conspiracy. Peacock also has classic movies and TV shows to watch, such as "Parks and Recreation," "The Bourne Trilogy" and "Law and Order."

However, the service isn't without faults. Peacock isn't available for Roku or Amazon Fire TV devices to stream. It is free to stream, but it

has commercials. It has up to 7,500 hours of movies and shows, but some require you to pay for a premium plan which is \$4.99 a month or \$49.99 a year.

Another new platform to hit in 2020 is "Quibi," which is a subscription based streaming service that shows short videos on mobile devices. The programs run from 7-10 minutes in order to tell a story in a shorter amount of time. By the end of the series, viewers will have completed a movie or season of a show. Some of the programs will be one contained story while others will be a continuous show, just told in shorter spans of time.

The cost of the service will be \$5 a month with advertisements. If users don't want ads, the price is \$8 a month. Quibi is giving a 14-day free trial, according to its website, and charges will begin after that.

Some of the shows offered range over multiple genres, including comedy, drama, documentary, etc.

One of the shows, "Kevin Hart," follows the actor Kevin Hart playing himself where he is trying to make it as an action movie star. Another show titled, "Most Dangerous Game," is about a man, after being diagnosed with a terminal illness, who decides to partake in a dangerous game in order to help secure his pregnant wife's future.

A downside to Quibi is that if anyone was planning on watching a program through a TV or computer you cannot because it is only available in the app store, like Snapchat or Instagram.

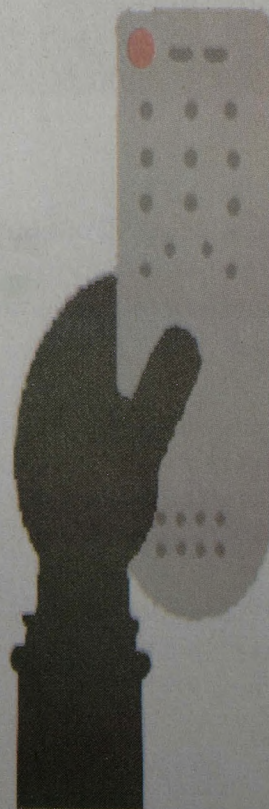
Another downside to Quibi is that some may see it as hurting traditional TV shows and movie structures. With the short time span of each episode, it can cause a giant change in the film making art form. "I don't think of this as revolutionary as much as it's evolutionary," said Jeffery Katzenberg, creator of Quibi in an interview with Vulture.

"The first generation was two-

hour movies that were created and designed to be watched in a single sitting in a movie theater. And the next generation was these very long, episodic and serialized stories that had either 13 or 26 chapters to them, and they were designed to be watched an hour or half-hour at a time in front of the TV set," said Katzenberg.

"What Quibi is setting out to do is the next form of film narrative — the convergence of those two ideas together. What we're doing is telling stories that are two to two and a half hours long in chapters that are seven to ten minutes, with great talent, and designed to be watched on your phone."

Quibi and Peacock aren't the only services to come out during the pandemic and won't be the last. Streaming will be the platform of entertainment in the future.



Graphic by Michael Bald

Fall Apache sports moved to spring

Scrimmages, practices continue per NJCAA guidelines

By Mary Mone
Online Editor

Due to the July 13 decision by the National Junior College Athletic Association, Tyler Junior College will be switching all close-contact fall sports to the spring, including football, men's and women's soccer, and court volleyball.

Even though these fall athletic programs are closed, it is similar to an off-season, where, per NJCAA guidelines, there are still practices and scrimmages. Kevin Vest, the athletic director of intercollegiate athletics at TJC, commented on plans for the upcoming months.

"All athletic programs will be active this fall. The NJCAA allows for a practice and competition season in all sports this fall," Vest said. "Our baseball and softball teams have operated in this manner as spring sports for decades. Essentially, we have turned all of our sports into spring sports."

According to Vest, all sporting practices will be following the federal, state and local COVID guidelines within the



Sport	Start Date	Game Date	End Date	# of Contests	# of Scrimmages
Football	Aug. 15	----	Nov.15	0	3 Dates
Soccer Men/ Women	Aug. 15	----	Nov. 15	0	4 Dates Total a maximum of 2 in the Spring
Court Vol-leyball	Aug. 15	----	Nov. 15	0	5 Dates Total, with a maximum of 2 in the Spring

Data from the NJCAA 2020-21 Sports Procedures chart

Graphic by Andrea Valdez

NJCAA approved practices and scrimmages, as well as following the new NJCAA calendar.

The student athletes, whose seasons are switched around, will not lose any athletic scholarships for the fall semester due to cancellations and season changes. "Institutions are required to honor scholarships for student-athletes on

a NJCAA letter of intent. There are specific reasons an individual may be released from their letter of intent but the change in sport season is not one," Vest said.

Though the fall athletics schedule has changed, athletes have gained extra time to prepare for competitions in the spring, all while navigating the new academic climate.

OHPE Recreational activities shut down for fall

By Mary Mone
Online Editor

The Ornelas Health and Physical Education Center at Tyler Junior College is closed for recreational purposes for the remainder of the Coronavirus health crisis, but the center is offering instructional and classroom access.

The OHPE was open during the summer with restrictions, such as wearing a mask, social distancing and locker room closures. On Aug. 6, the OHPE issued an email statement saying that effective Aug. 7, it would close all recreational activities. The OHPE is not closing the building as a whole. Heath Stoner, director of the OHPE center and summer camps explained why recreational activities are being shut down.

"Because instruction is the core of our mission at TJC, we take numerous precautions and a certain degree of risk for instruction, but we cannot take the risk for recreational activities during this health crisis," Stoner said.

The OHPE will be used during the fall semester for classes and faculty offices. People who will be allowed access include those taking classes, athletes who take conditioning classes, the Apache Band and Apache Belles in the

gym and faculty members who have their offices inside.

There were already classes located in the building, such as Kinesiology, but because of COVID-19, they have had different classes move in, like band, to accommodate the social distance regulations. Even though there are limited people who are allowed to enter, the OHPE is still included in the cleaning procedure.

Dana Ballard, Director of Campus Services, explained that the cleaning procedure is similar to the other buildings.

"All spaces undergo normal cleaning in the morning and ABM enhanced cleaners frequently wipe hard surfaces, restrooms, etc. around the campus throughout the day. Every evening ABM enhanced cleaners wipe down all classroom spaces, including desks and chairs, all keyboards, offices, and other areas around buildings. Once a week all buildings will be electrostatically sprayed. In addition, sanitizing spray and towels have been provided for certain areas to spray their areas if necessary."

The OHPE is home to many student workers who were encouraged to apply to other on-campus jobs, but the OHPE will keep them in mind for the future.

"When the recreational side of the OHPE is re-opened, we will reach out to all of our previous student workers" Stoner said.

Though the OHPE is closed for recreation, they are offering activities in the fall to help keep students active outside of the center.

"The OHPE is planning on offering intramurals in the fall like corn hole, kan jam, E-Sports, etc. In addition, a bicycle path is currently under construction in the, "Eastern Frontier," Stoner said.

The new bike path is a project that has been under construction for two years. KLTV posted an article on Jan. 27 about the bike path and according to the City of Tyler, "the City Council approved a Sponsored Research Agreement with UT Tyler in the amount of \$186,469 for the engineering and project design in May 2018 of a federal grant."

The article also mentioned the University of Texas at Tyler designed the project to provide bike lanes throughout to connect colleges throughout the city of Tyler.

**OHPE CENTER
CLOSED
FOR
RECREATIONAL
USE**

The OHPE Center will close effective end of day
Friday, Aug. 7
for the duration of the health crisis.

Pool closed for ALL use.

For resources and announcements,
please go to www.tjc.edu
or tjc.edu/coronavirus
often to check for updates and information.

TJC



Apache Punch Drumline practices warmups in preparation for the indoor season.

Above: Snare drummers are set six feet apart and wear masks to accommodate COVID-19 protections.

Right: Bass drummers poised at "set" position before playing.



TJC Apache Band develops adaptive procedures for fall

Among changes winter guard, drumline begin rehearsals

By Mary Mone
Online Editor

Due to the Coronavirus, marching season for the Apache Band, like football season, is moved to the spring semester. Because of this, the regular spring classes like indoor drumline, winter guard and symphonic band have been moved to the fall semester.

Gentry Gym is being used for the band's new practice space. The gym can hold around 150 people who are six feet apart to maintain social distancing guidelines. Blue tape will be used to create the 6x6 foot spacing, and the trombones will have an extra three feet. Another precaution is all rows are straight forward so no member will be facing another.

A few members of the winter guard, Savannah Potter, Sydney Robinson and Victoria Deal, whose season was moved from spring to fall semester, commented on this semester's challenges.

They spoke about how being an incoming-freshman will, "be a challenge," Potter said, and how getting to know each other will be a "whole different story," Deal said.

The Director of the Apache Band, Jeremy Strickland, spoke about mask requirements and other preventive measures the band is taking.

"If they're not playing and it's for any length of time, like let's say it's a three movement piece

and they don't play on the second movement, we're going to ask them to put their mask on for that entire second movement," Strickland said.

A movement is when there are sections in a musical piece. The movement can be, "performed on its own but is part of a larger composition," according to liveabout.com.

Not only will there be social distancing between band and faculty members, the gym also will be cleaned in the morning and in the evenings along with other procedures. Chairs, stands or shared percussion equipment will be wiped after each use. There will be no shared instruments, and each band member will be assigned a seat for the semester.

"You have two competing priorities, health and safety, and then the quality of education," Strickland said. "We have to make sure the health and safety stays, but also we have to make sure that we can still do band."

Students who are interested in joining the Apache Band can apply online and fill out a membership form through the Tyler Junior College website. After filling out those forms, the band will contact applicants to schedule a live audition.

Time Management 101

Learn to stay on track with school work with these 10 tips

By Madison Heiser
Editor-in-Chief

time-wasting websites, which can be found at mindfulbrowsing.org.

For most students, college presents a plethora of new responsibilities and challenges. Between online and in-person classes, extracurriculars and jobs, students may have a lot to juggle, which can be especially daunting if students are unaware of how to manage their time. Proper time management is the key to a successful, relatively easy-going semester. Below are 10 tips to help you manage your time and responsibilities effectively.

1 Invest in a planner. Whether electronic or paper, a planner is the best way to keep track of all your tasks. Try to find one with enough room to write in daily assignments, important events and more. Many planners cost less than \$10 or, if using a smartphone app, may be free. The Balance has compiled a list of 2020's best planner apps at thebalancesmb.com.

2 Break up assignments over time. Work that has a deadline several days in the future can be split into manageable chunks. Take an hour or two of your time each day to dedicate toward that task so you aren't scrambling to turn it in at the last minute. This is especially important for online assignments with late-night limits.

3 Leave room for spontaneous tasks. Even with an already full plate of responsibilities, more can be piled on when you least expect it. It is best not to allot every second of your day for scheduled tasks; reserve some time for errands that may appear with little notice.

4 Be early. Arriving early to your classes and other events allows you time to prepare for the activities ahead. Being late can cause you to miss information and lose a lot of time simply trying to catch up to speed.

5 Minimize distractions. Nowadays, it is incredibly easy to be distracted — excessive noise, texts, phone calls and social media are just a fraction of the ways you can be distracted from a task. Additionally, completing assignments online poses the challenge of having social media and streaming services just a few clicks away. Turning your phone on silent, moving to a quiet study area or listening to music can help you better focus on your work. Google Chrome has a Mindful Browsing attachment to help block

6 Review your notes multiple times. Many people like to study their notes as-is, but there is a trick to note-taking that may help with retention. Write your notes by hand during lectures, then type them after the chapter or unit is finished. Once the notes are typed, highlight key information. This ensures you are exposed to the information at least three times before a test or quiz; the final product is consolidated for easier studying.

7 Don't pull all-nighters. If you have a test in the morning, try not to do all of your studying the night before. Going to bed at a normal time and waking up earlier to review your notes keeps the information fresh in your mind for testing time. This may also minimize the danger of sleeping in late and feeling groggy during the exam.

8 Don't be afraid to ask for help. No one can know everything 100% of the time. There is no shame in asking for help to understand and complete your assignments. Many professors are available for one-on-one time during office hours. Vaughn Library also houses a tutoring center for assistance in a variety of subjects, including mathematics and English. You can contact Dana Baggett, director of tutoring services, at (903) 510-3114 or dree@tjc.edu.

9 Make time for yourself. The quickest way to fall victim to stress is by dedicating all of your time and energy to working. It is imperative to take time every day to unwind by partaking in activities you enjoy, engaging with family or friends, and getting plenty of rest. Take breaks often so you can feel refreshed and energized when you return to work.

10 Lastly, and perhaps most importantly, hold yourself accountable. College is mostly a time when you learn to be on your own. Without someone constantly telling you when and how to do everything, you may have the tendency to put off your responsibilities and fall behind. Online classes may be especially difficult to keep track of, given that many can be self-paced without much guidance from your peers and professors. It is easy to put off your assignments for longer than necessary. Set reasonable, attainable goals for yourself and stick to them.

From One Student to Another

By Mary Mone
Online Editor

At the end of the day, I think that old quote, "actions speak louder than words," applies to this situation. There is so much you could say about COVID-19, but what matters most is that your actions are consistently showing you care for the people around you.

This semester is going to be far from normal. From bigger things like our class structures as a mixture of online, in person and hybrid, to smaller things like sanitation procedures and wearing a mask, many wonder what the point is.

We all have heard the information a million times, been told the symptoms and even gone through COVID-19 training before the semester. With the information overload, it is easy to get lost in it. The bottom line is we have to protect each other. Not only do we need to protect each other from COVID-19, but we need to help Tyler Junior College stay open so we can all work toward our academic goals. It is easy to believe we're invincible as a younger age group and that even if we contracted the virus it wouldn't affect us. While this might be true in some cases, there is a bigger picture to look at.

Sometimes it is easy to get caught up in the confusion of life that we forget the purpose of all our hard work or discipline. An example of this is when you write a long paper and you may start to go off topic. It is subtle but often it's because you forgot what your original point was. I think this is true for COVID-19 as well. Most of us have been away from school for five months, and it's not going to be easy to be so close yet so far. We will have to guard against our natural human reflexes of being close and around each other. It seems like a lot of information surrounding COVID-19 has become confusing and political, but if we stay

strong and discipline ourselves with social distancing, we will be protecting each other.

"Since people can spread the virus before they know they are sick, it is important to stay at least 6 feet away from others when possible, even if you-or they-do not have any symptoms. Social distancing is especially important for people who are at higher risk for severe illness from COVID-19," cdc.gov said.

Protecting each other in this way will not be easy, especially because everyone misses normal campus life. I know that I miss being able to do group projects in the library, being able to see new people I meet and making friends with the people I sit close to in class. I think this semester is going to make many of us feel disconnected from each other, but that should be motivation to protect each other more so life can go back to normal faster.

Many TJC students live at home with their parents, grandparents or other relatives who are at risk. I live with my parents who are in their early 60s, and my sister in law, who I see often, is 7 months pregnant. At the end of the day when I go home, I want my family to feel peace in knowing others protected me by wearing a mask, washing their hands and remaining 6 feet away. This also applies to students who may be at higher risk. Students who may have health conditions who still want to attend school should be comfortable with precautions being taken to protect them. The Center for Disease Control on cdc.gov says that people that are at higher risk should, "Consider avoiding activities where taking protective measures may be difficult, such as activities where social distancing can't be maintained." As a community, we need to work together to make sure everyone, specifically those who are at higher risk, feel safe and protected.

Column: Learning to be flexible in seasons of change

By Sory Rivera
Student Life Editor

Adjusting to change is not always a pleasant experience for most people, especially if you have taken the time to make well-thought-out plans. For example, if you have planned an outdoor wedding and the predicted sunny forecast suddenly changes to a full-on hurricane, you will probably be upset and annoyed by this change.

Something I've learned from my time on this planet is change is inevitable. In a blink of an eye, things in life can go from being exceptionally well to extremely terrible. And, there is absolutely nothing anyone can do to stop it from happening.

One of my favorite motivational speakers, Tony Robbins, says, "where your focus goes, energy flows." I have been telling myself this on a daily basis since the pandemic began. When you think about it, this simple statement says so much. If we focus on the negativity in our lives, energy will be wasted instead of used constructively by embracing and accepting change.

How we handle change is the only thing we can control. Instead of fighting it, we need to learn to be more flexible and adjust to whatever comes in our direction. And no, I do not mean being flexible in the sense of learning to contort your body into a different shape. I mean being open-minded

and not living in fear about what the future might hold. One of the things that makes us so special as humans is we are capable of handling change, whether we want to believe it or not.

When I am going through a rough patch in life, I like to remind myself that as the Earth goes through seasonal changes, we experience our own rounds of seasons. Sometimes in life, it is cold, dark and miserable like in the winter. Sometimes it is beautiful, sunny and warm like in the spring or summer. Recently, our country, along with the rest of the world, has experienced a huge dark and gloomy shift, and we are all still trying to adjust. Of course, I am talking about the infamous Coronavirus.

In the spring semester, all things were going as planned. It was March, and we were all excited about getting some much-needed time off during spring break. Things were going great! But life had other plans for all of us. As the virus was spreading incredibly fast, life came to a sudden halt and things started to change. The scariest part of all of this change is that no one knew what was going to happen.

Change during this pandemic has come in many different ways and everyone has their individual story to tell. People are losing their jobs, their homes and even their loved ones all because of COVID-19. We, the students of TJC, experienced a series of

changes throughout this whole thing.

First, it started with a second spring break after our first one finished. At this point, I think we were all OK with the extra time off. Then the next notification we received from TJC said for the remainder of the semester all face-to-face classes were canceled, and we would be switched completely online. I do not know about you, but when I heard this news, I felt like I got punched in the gut. I was mortified. I was scared of getting sick from the virus, but I also doubted that I had what it took to finish classes online. I would tell myself that I did not have the self-discipline to finish successfully, and my initial thought was to quit.

I am proud to say I did not quit, and I did so much better than I could have ever imagined. I did what I could to stop the fear and negative self-talk, and I got to work. I became flexible and went along with the change instead of trying to fight it. It took some time, but when I finally came to terms with this new change that had come into my life, things got easier. It also helped me to know that everyone was going through change because of COVID-19, not just me. But the ones who have succeeded during this period of winter were the ones who were able to adapt to their "new normal."

With the fall semester underway, students, faculty and staff of TJC will be going

through new changes and challenges. We have to social distance and wear masks, but it is all for the well-being of our community and ourselves. Classes might not be the same, but I am grateful for the opportunity to go back to school and back to The Drumbeat. I am planning for another successful semester, but at the same time, I know things could change again. We can go from hybrid classes to all online classes, again.

As students during these trying times, we have to acknowledge that change is real. If we want to be successful and complete our courses, we have to stay strong and committed. We have to remember why we started going to college in the first place. We have to be ready for the unexpected and face any new challenges head on.

Change happens when we least expect it. Just how things changed drastically for everyone in the spring, we have to keep in mind that it can happen in the fall.

Times of change do not only bring heartache and stress but also growth and strength. With every uncomfortable thing we experience in life we become better as humans. It is important to believe in ourselves, and trust the process. Let us be flexible and not fear change but go at it full throttle. Always remember the reason why you started college and know we are all in this together.



Photo by Cassidy Winborn

Lipan Tribe waits to play a game of kickball.

Ya-a-Te Retreat

By Cassidy Winborn
Photo Editor

Ya-A-Te, which means "Welcome" in Apache, is a four-day leadership retreat for TJC freshmen and sophomore students. It teaches leadership skills and teamwork, all while demonstrating the resources students will need for a successful future at TJC.

Students partake in nightly activities and compete in tribal games for the bragging rights for the ultimate tribe, which are the Chiricahua, Kiowa, Lipan and Mescalero.



Photo by Cassidy Winborn

Alex Mejia; Lauren Tyler, director of student life; and Landry Fowler spread their TJC Pride at Ya-a-te.



Photos by Cassidy Winborn

Above: C-Crew Tribe plays an intense game of volleyball.

Right: The Kiowa Tribe engages in water balloon dodge ball.



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